

Recipe Prep Sheet

990398 - Chicken Pot Pie

Recipe HACCP Process: #2 Same Day Service
 Source: DCPS
 Number of Portions: 20
 Portion Size: servings

Ingredient #	Ingredient Name	Measurements	Instructions
990523	Chicken, Diced, 2/5 Pound, Tyson	5 cup	Preheat Oven to 350 F 1. Melt butter over medium heat, add onion and cook for about 2 minutes, until tender. 2. Stir in corn starch, salt and pepper until well blended - DO NOT BURN. 3. Gradually add milk and chicken base. Continuously stir until bubbly and thickened. 4. Add chicken, peas and carrots. Remove from heat, transfer to a hotel pan, cover, and place in oven for 12 minutes. 5. While the chicken mixture is cooking, bake biscuits for 12 minutes.
990579	Corn Starch, 24/1lb, Argo	1/2 CUP	
011282	ONIONS, RAW	1/2 CUP, chopped	
001145	BUTTER, WITHOUT SALT	1/2 CUP	
990577	Salt, Iodized, 18/2.25lb, GFS	1 tsp	
902930	PEPPER BLACK, GROUND	1 TSP	
990501	Biscuit, Dough, Frozen, 216/2.5oz	20 biscuit	
990685	Peas and Carrots, Frozen	2 cup	
001175	MILK, FLUID, 1%	3 CUP	
990686	Chicken Base	1 tbsp	
			Serving: 1. Split biscuits, top with 1/2 cup of the chicken mixture. Serve hot.
			CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (servings)

Calories ¹	371.447 kcal	Total Fat	16.183 g	Total Dietary Fiber	2.518 g	Vitamin C	*0.296* mg	39.210% Calories from Total Fat
Saturated Fat ¹	7.868 g	Trans Fat ²	*0.000* g	Protein	21.342 g	Iron	*2.056* mg	19.063% Calories from Sat Fat
Sodium ¹	656.329 mg	Cholesterol	53.125 mg	Vitamin A	*174.559* IU	Water	*40.722* g	*0.000%* Calories from Trans Fat
Sugars	*5.826* g	Carbohydrate	35.570 g	Calcium	*128.105* mg	Ash	*N/A* g	38.304% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.760			22.983% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

Allergens

Milk	Soy	Wheat						
------	-----	-------	--	--	--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.